

FDBA Domestic Coaches Drill Book: Passing

Name: Partner Passing

Drill No: B1

Description:

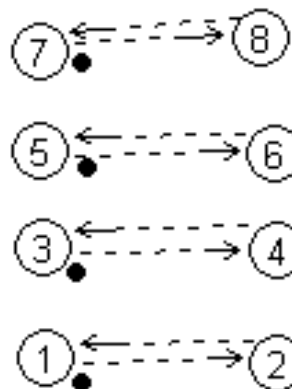
Split group into partners with one ball between two.

Place players opposite each other with appropriate spacing to strength.

Teach:

- Chest Pass (two handed pass)
- Bounce Pass (one and two handed)
- Push Pass (one handed pass)
- Overhead Pass (two handed)
- Baseball Pass (two handed)

Diagram A.



Variations:

- Add two basketballs:
- one pass low one pass high
 - pass with right or left hands

Have players catch with a jump stop.

Players move slowly forwards and backwards and pass at same time.

Players shuffle sideways

Points of Emphasis:

1. **Head up!!!** - avoid the traffic
2. Dribble ball with fingertips - not palms.
3. Stay low and dribble waist height.